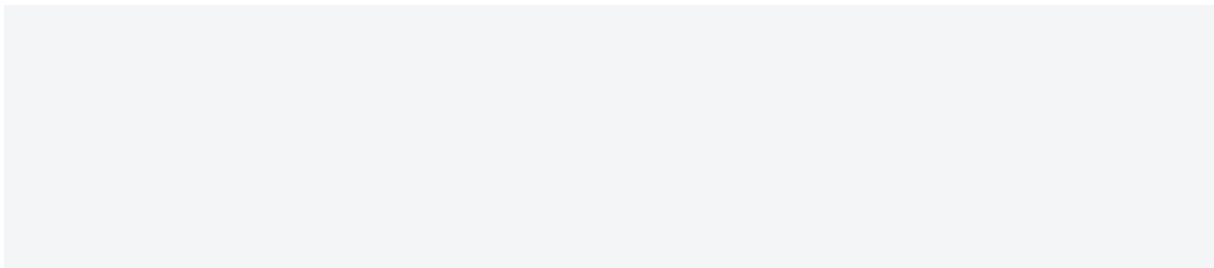


Letter of Self-compassion

We are often too hard on ourselves. This can be reflected in the emotions we experience and the guilt, shame, and fear regarding how we feel.

Writing a letter of self-compassion can prompt us to be more forgiving and refocus our thinking on being more accepting, caring, and supportive to ourselves and others.

Describe an event that happened today when you felt your emotions were out of control or unwelcome:

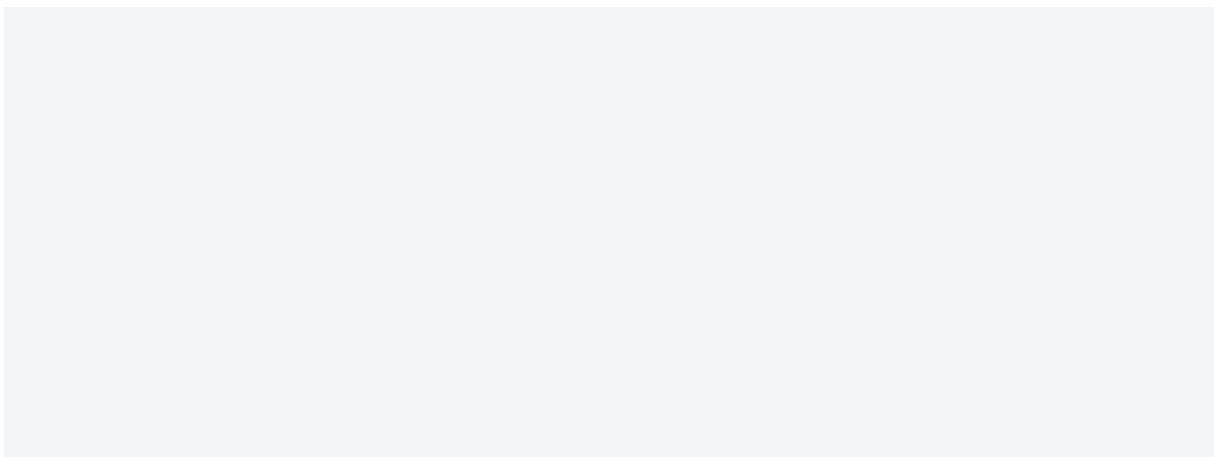


Now, write a brief letter to yourself.

Write the letter with a message of forgiveness and acceptance for who you are and the emotions you experience.

Write as though you were talking to a close friend, and show your compassion (for example, *I am sad that you felt so angry today, that must have been distressing*).

Write down whatever thoughts come into your head. No one needs to read it. You are safe to be open regarding your feelings.



Read back what you have written. Recognize that all of us have emotions we wish we could avoid, but that we can see them as separate from who we are and share them with others – showing our vulnerable side.